

POLICY

USA Gymnastics Safe Sport Policy was developed for compliance with the [2022 Minor Athlete Abuse Prevention Policies](#) and approved by the U.S. Center for SafeSport. The USA Gymnastics Safe Sport Policy reflects the athlete safety policies of USA Gymnastics, the U.S. Center for SafeSport, and the United States Olympic Committee. It mandates reporting, defines misconduct, and sets standards that address one-on-one interactions between a person in a position of power and a Minor Athlete.

Is a Member Club required to implement the USA Gymnastics Safe Sport Policy?

Yes. USA Gymnastics Member Clubs must adopt the USA Gymnastics Safe Sport Policy as a condition of membership. A Member Club may create their own policies that exceed the requirements of the USA Gymnastics Policy, but may not fall below the standards of the policy.

What information will I find in the USA Gymnastics Safe Sport Policy?

The USA Gymnastics Safe Sport Policy is split into nine sections that address the following:

1. Membership Requirements
2. Member Club Requirements
3. Authority and Governance
4. Child Abuse
5. Reporting
6. Misconduct
7. Abuse of the Safe Sport Process
8. Prevention Policies
9. Stretching and Spotting Standards of Care

What are Prevention Policies?

Prevention policies address the limiting of one-on-one interactions between Adult Participants and Minor Athletes and define gymnastics-specific Prohibited Conduct. A violation of a USA Gymnastics Prevention Policy is a violation of the SafeSport Code, and must be reported to USA Gymnastics. USA Gymnastics recognizes the following prevention policies:

One-on-one Interactions

- Parental Access to Practice at Member Clubs
- Transportation
- Lodging
- Electronic Communication and Social Media
- Virtual Training

- Photography and Videography
- Locker Rooms and Changing Areas
- Gifting
- Medical Modalities, Athletic Training, Massages, and Medical Orders
- Alcohol and Drug Use

I've noticed that my child's club is not following Safe Sport Prevention Policies such as Parental Access to Practice or the Electronic Communication Policy. What should I do?

If you feel that an employee or a Member Club is not following Safe Sport Policy, please reach out to the management of the club first for clarification or to resolve the matter. If no resolution can be found or if you feel you have been retaliated against because of your concern, please [file a report](#) with USA Gymnastics.

ONE-ON-ONE POLICY

USA Gymnastics realizes that not all circumstances involving one-on-one interactions can be accounted for in this FAQ. To supplement the one-on-one interactions policy, we have also created a document that specifically addresses one-on-one interactions that can be found [here](#). If you have additional questions or would like to talk through a specific scenario, please contact us as safesportpolicy@usagym.org.

What does one-on-one mean?

Promoting a safe environment for athletes begins when all adult/athlete interactions are professional in nature and one-on-one interaction between an Adult Participant and Minor Athlete is limited. The One-on-one Policy applies to the following situations:

- Training
- Medical and athletic training treatments
- Office meetings
- Communications
- Social media
- Locker rooms/restrooms
- Transportation
- Lodging

It is important to review the specific Prevention Policy you are inquiring about for a fuller understanding of all requirements. The USA Gymnastics Prevention Policies may be found [here](#).

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I can't always take my child to practice or a meet. Can my child travel one-on-one with their coach?

A Member Club or sponsoring organization may allow for deviation from the USA Gymnastics Safe Sport Policy for the limited purpose of airline travel or local travel with parental consent. The organization exercising this option must:

1. Indemnify USA Gymnastics from all liability, and must execute the [Indemnification Form](#).
2. Member Club must obtain advanced written consent from a parent/guardian on an annual basis indicating the nature of the travel and Adult Participant involved.
3. Itinerary presented and approved by parent or guardian for each trip considered "overnight" or "out of town."
4. Parents and Minor Athletes involved must take the [U.S. Center for SafeSport's course on Recognizing and Responding to Signs of Abuse](#). This course is available at the U.S. Center for SafeSport. The course only needs to be taken one time per parent and one time per Minor Athlete or as they move between age groups: Preschool, K-2, 3-5, Middle School and High School.
5. Submit all forms to Safesportpolicy@usagym.org where it will be filed with their club membership agreement.

USA Gymnastics will not grant or deny permission to travel in violation of the one-on-one policy. The receipt by USA Gymnastics of parental consent forms, trip itineraries or indemnification documents does NOT imply or indicate permission by USAG for the travel to occur.

1. Club approves travel
2. Club signs indemnification
3. Parents signs consent annually before first occurrence of travel
4. Parent approves travel itinerary
5. Parent completes "Parent's Guide to Misconduct" by the U.S. Center for SafeSport (1x)
6. Athlete completes age appropriate SafeSport course for athletes (1x per age group)
7. Indemnification, Parental Consent, and Course certificates submitted to safesportpolicy@usagym.org

Can an Adult Participant transport two Minor Athletes alone in a vehicle?

Yes. As long as the Adult Participant has at least two minors or another Adult Participant, they can transport Minor Athletes without violating the One-on-One Policy. If an Adult Participant transports two athletes or two coaches transport one athlete, then the one-on-one policy is not in violation as the "rule of three" would apply in that circumstance.

If the club is sponsoring the travel, then the coach is required to sign the club's transportation policy annually and parent sign consent on an [annual basis](#) allowing the coach to transport minor athletes.

I want my child to take private lessons with their coach, is that allowed?

A coach may offer private lessons to Minor Athletes however, all interactions must be in a location that is observable and interruptible by either the parent or another Adult Participant at all times. Parents/Guardians must be allowed to observe all individual training sessions.

All parents seeking private lessons or individual training sessions must give written consent at least [annually](#), which can be withdrawn at any time.

My child has a personal aide or interpreter that helps out with their needs during practice and competition. What steps need to be taken to ensure compliance with the one-on-one policy?

A parent who authorizes a personal aide, interpreter or personal care assistant (PCA) to have access to their child at a facility under the jurisdiction of USA Gymnastics, must provide written consent for the interaction [annually](#).

If the PCA has Regular Contact with additional Minor Athlete(s) besides the Minor Athlete for whom they provide care, or hired by an Organization, the following requirements must be met before a PCA will be granted access under these circumstances:

1. The Minor Athlete's parent/guardian must provide written consent to the Organization for the PCA to provide care/work with their Minor Athlete.
2. The PCA must complete U110: SafeSport Core Course.

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I am an adult athlete, what steps must I take to ensure compliance with the One-on-one Safe Sport Policy?

USA Gymnastics athlete members 18 years of age are required to complete the U110: SafeSport Core Course. This requirement includes those athletes who turn 18 during the membership season. Therefore, upon turning 18 years of age an athlete is required to complete the U110: SafeSport Core Course. Parents/Guardians of 17-Year-Old Members can grant permission for their child to complete the U110: SafeSport Core Course prior to turning 18.

Athletes who are no more than four years older than the Minor Athlete and do not have authority over the Minor Athlete are granted an exception to the One-on-One policies. It is important to review the specific Prevention Policy you are inquiring about for a fuller understanding and for possible other requirements.

What if my child's coach is related? Are they allowed to be one-on-one?

Familial Dual Relationship is a relationship between family members where the person in position of authority over a Minor Athlete is considered immediate family such as parent, grandparent, sibling, in-law or related by blood such as an uncle or aunt. These relationships are acceptable under USA Gymnastics Policy. It is important to review the specific Prevention Policy you are inquiring about for a fuller understanding and for other possible requirements.

Could you clarify the One-on-One policy for Adult Participants who have a previous relationship with a Minor Athlete before they became the coach of the Minor Athlete?

We understand that there are times when relationships were created before the coach entered into a coach/athlete relationship. Those relationships are considered Dual Relationships under the Safe Sport Policy. Examples of a Dual Relationship could include:

- Family relationships such as an uncle/niece
- Close family friend who has been around the athlete before the coach/athlete relationship existed
- Pre-existing relationship between the parent and coach

A Member Club has the right to set their own policies related to Dual Relationships and can deny such relationships in the club setting. It is important to review the specific Prevention Policy you are inquiring about for a fuller understanding and for possible other requirements.

USA Gymnastics understands there are numerous situations between families and coaches that we can't account for in a policy. For clarification of this policy and situations that may cause confusion, please contact the USA Gymnastics at Safesportpolicy@usagym.org.

I have minors who work in my club and I sometimes need to communicate work schedules or other club matters with them via text.

If the employee is also a Minor Athlete, then the one-on-one policy remains in effect.